

Welcome to our Year 11 Newsletter.

In the final few weeks before exams start, it is important to make the right decisions on how to prepare.

1. Get organised. If you have not done so already, check you have everything you need for each subject.
2. Create your own personalised checklist on HOW to answer each question in each exam.
3. Regulate your timing. How many questions can you answer in 5 or 10 minutes? Check you can answer the relevant questions in the allocated time.



Getting organised revision tips



Year 11 Attendance:

Year 11-90%

Whole school-94%

We know that pupils with excellent attendance achieve higher grades. You need to be here to benefit from the expertise that subject specialist teachers can provide.

Week A	Lunch	Afterschool
Monday Art exam French speaking exam		VCert Business-BEC
Tuesday Art exam French speaking exam	Dr Godley: Foundation Chemistry Lab 5 Mr Coleman-History-room 12 Mrs Pearson-Higher Maths room 22 Miss Bowers-RE-room 19	Mr Youde-Foundation Maths-room 8 Mr Coleman-History-room 12
Wednesday Art exam English Masterclass P5	Miss Cochrane Biology Foundation Lab 3 Mrs Smith-History-room 13 Mrs Blackburn-room 5-11b/En3 Mrs Hendey-French-room 21 PE analysis task help –BEC	Year 7 Parents Evening
Thursday Art exam	Mr Joyce-History-room 17 Mrs Hardy-room 16 Mr Coleman-History drop in-room 12	Mr Binns-Foundation Maths-room 7 Mrs Pearson-Higher Maths –room 22 Mr Joyce-History-room 17 Mrs Small: Higher Physics Lab 2 Miss Shaw-French-room 20 Mr Shaw-NEA-T1
Friday		Miss Finley-RE-room 23

If you need support



You should always tell someone about the things you're worried about. You can tell a friend, parent, guardian, teacher or another trusted adult.

If you're struggling with your mental health, going to your GP can be a good place to start to find help. Your GP can let you know what support is available to you, suggest different types of treatment and offer regular check-ups to see how you're doing.

If you're in need of in-the-moment support you can contact Childline, where you can speak to a counsellor. Their lines are open 24 hours a day, 7 days a week.

There are more links to helpful organisations on BBC Action Line.

HOW TO BE PRODUCTIVE USING

THE POMODORO TECHNIQUE

NAMED AFTER THE ITALIAN WORD FOR TOMATO SINCE THE TIMER USED BY THE TECHNIQUE'S CREATOR WAS SHAPED AS A TOMATO



PICK A TASK

TO DO

- ☒ Write XYZ
est. time: 2 hrs
- ☐ Task 2
- ☐ Task 3

A list should be planned ahead of time.

SET THE TIMER TO 25 MINUTES

Although a mechanical timer is suggested (like this tomato-shaped kitchen timer), any type will do.

GET TO WORK

NO DISTRACTIONS ALLOWED

STOP WHEN TIME IS UP

DING

This block of work time is called a POMODORO.

RECORD PROGRESS

TASK: WRITE XYZ

- ☒ Pomodoro 1
interrupted by a phone call, return call tonight
- ☐ Pomodoro 2

Make note of anything that could aid future improvement.

TAKE A FIVE MINUTE BREAK

GET UP
MOVE
GET YOUR MIND OFF THE TASK
NOURISH YOURSELF

Breaks keep you fresh.

GET BACK TO WORK

IN FLOW

AND REPEAT PREVIOUS STEPS

AFTER THE FOURTH POMODORO TAKE A LONGER BREAK (15 - 30 MINUTES)

Squeeze in mindless chores for increased productivity.

CONTINUE LIKEWISE UNTIL CALLING IT A DAY

With such focus and flow, time is used more efficiently while reducing mental fatigue.

THE POMODORO TECHNIQUE® IS A REGISTERED TRADEMARK OF THE TECHNIQUE'S CREATOR FRANCESCO CIRILLO. FOR MORE INFORMATION, VISIT WWW.POMODOROTECHNIQUE.COM.

How to revise

For most of your subjects (apart from Maths, where revision is best done through answering exam questions), the best way to start is to make sure you can remember the knowledge first. Below are some great ways for you to revise core knowledge. Make sure you have revision notes or knowledge organisers to hand when you use these techniques.

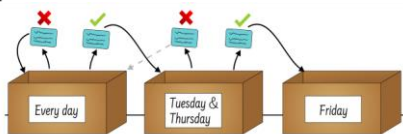
Flash Cards



1 Identify knowledge

What are you creating flash cards on? Have cards or bits of paper ready.

Use your knowledge organiser, book or revision guide.



2 Colour coding

Use different coloured flash cards or paper for different subjects or topics.

This will help with organisation NOT recall.



3 Designing

1 question on the front per flashcard. Answer on the back.

Make them concise and clear.

- Maybe a key date and event
- Key term and definition
- Question and model answer

No long extended questions.



4 Using

Write your answers down, then check. Or say it aloud to someone else. This really shows the gaps in your knowledge. Do not just copy and re read.

Shuffle the cards each time you use them.

Use the Leitner system to use them every day.



5 Feedback

How have you performed when you look back at your answers?

What do you need to revisit in more detail?

When your knowledge is secure move on to applying knowledge in that area in a specific extended exam question.

Avoid answering the question in your head. Research shows that when you read a question and answer it in your head, you aren't actually testing your knowledge effectively. Say the answer out loud or write it down before checking it against the answer on the reverse, so you are truly testing if you can explain the answer properly.

Mind Map



1 Identify knowledge

Select a topic you wish to revise.

Have your knowledge organiser, book or revision guide ready.



2 Identify sub-topics

Place the main topic in the centre of your page and identify sub topics that will branch off.

Sub topics might be different themes or methods that relate to the main topic.



3 Branch off

Branch off your sub topic with further detail.

This might include specific facts, key vocabulary, methods or formula that relate to the sub topic.

Try not to add too much writing to the page-it is more about word prompts.



4 Use images and colour

Dual code your notes.

Use images that relate to the information to provide a visual prompt.

This can increase learning as it helps to visually represent information in two different ways.

Colour code the information. E.g. all themes in one colour.



5 Put it somewhere visible.

Place completed mind maps in places where you can see them frequently.

Test yourself on what is written in each part of the mind map from memory before you walk in the room where it is placed.

Say it out loud (ideally to someone else).

Avoid using too much information: mind maps are designed to summarise key information and connect areas of a topic/subject. If you overcrowd the page, you lose the point of the mind map and will find it harder to visualise the information when you try to recall it.

How to revise

Getting people at home to help you by testing you is a really helpful way to check you can remember core knowledge.

If you are using mind maps or self quizzing, make sure you go back and see if you can write the same amount of information in a shorter amount of time.

Brain dumps



1 Identify knowledge

Identify the knowledge or topic area to want to cover.
Challenge yourself, pick a topic you know you may struggle with.



2 Write it down

Take a blank piece of paper/white board and write down everything you can remember about that topic. (with no prompts)

Give yourself a timed limit (e.g. 10 minutes)



3 Organise information

Once complete and you cannot remember any more use different colours to highlight/underline words in groups.

This helps to categorise or make links.



4 Check understanding

Compare your brain dump with your knowledge organiser, book or revision guide to check your understanding.

Add any key information you have missed in a different colour.



5 Store and compare

Keep your brain dump safe and revisit it. Next time you try and remember that topic, try to remember the same amount of information in a shorter period of time or more information in the same time.

Brain dumps are a way of getting information out of your brain. They work best when you test yourself to recall the same amount in less time.

Self Quizzing



1 Identify knowledge

Identify the knowledge you want to recall.

Use a knowledge organiser, book or revision guide.



2 Review and create

Spend around 5-10 minutes reviewing the content.

Create 10 questions on the content.

Include questions on the previous topic you self quizzed and did not get right.



3 Cover and answer

Cover up your knowledge (e.g. knowledge organisers) and answer the questions from memory.

Take your time and where possible answer them in full sentences.



4 Self mark and reflect

Look back at the content and self mark your answers against the knowledge.

Only mark it correct if it is 100% right.

Get someone else to check your answers so you are completely honest.



5 Next time

Make a note of the answers you did not get right.

Plan to answer the same question next time you self quiz.

Ensure that you complete all subjects and all topics-not just the subjects you enjoy the most or find the easiest. The harder your brain has to think in order to recall information, the stronger the memory will be.

Once you are confident that you know the core knowledge, then you need to apply it to an exam question. When looking at exam questions, it is crucial that you read the question carefully.

Work out what the command word is:

- Describe, explain, evaluate, analyse, work out, draw etc.
- Then underline the key words
- Then check how many marks the question is worth to know how long to spend on it

6 The sets ξ , P and Q are shown below.

$\xi = \{\text{positive integers less than or equal to } 20\}$

$P = \{\text{prime numbers}\}$

$Q = \{1, 2, 3, 4, 6, 8, 12\}$

(a) List the members of the set $P \cap Q$

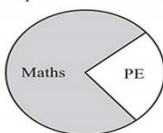
(b) Find $n(P \cup Q)$

Leave blank



- Have a go at answering the questions without your notes.
- Set a timer and write down how much you were able to do in the allocated time.
- Check your answer against knowledge organiser/revision notes or get your teacher to mark them.
- Try to beat your time when you try again.

7 Mathilde asks her group of friends whether they like Maths, PE or History lessons the most. She puts her results in a pie chart.



She claims that, "No one in my school likes History the most." Do you agree with her statement? Tick a box.

Yes ☐

No ☐

Explain your answer.

[Total 1 mark]



BUG this question

In what ways did the lives of Americans change due to the economic boom of the 1920's.

Explain your answer.

[8 marks]

Box the command words
Underline the key words/phrases
Glance back at the question and circle the marks.

Subject	Where to find revision materials	Staff emails
English	English Firefly	sblackburn@stbedeslytham.lancs.sch.uk
Maths	Maths Firefly	dyoude@stbedeslytham.lancs.sch.uk
Science	Science Firefly	gsmith@stbedeslytham.lancs.sch.uk
RE	RE Firefly	scuthbertson@stbedeslytham.lancs.sch.uk
Geography	https://saintbedes.fireflycloud.net/geography/key-stage-4/gcse-overview-/unit-3-fieldwork-and-skills/section-b-fieldwork	jhardy@stbedeslytham.lancs.sch.uk
History	History Firefly	rcoleman@stbedeslytham.lancs.sch.uk
French	French Firefly	ehendey@stbedeslytham.lancs.sch.uk
PE	PE Firefly	mfrankel@stbedeslytham.lancs.sch.uk
Art	Art Firefly	hwright@stbedeslytham.lancs.sch.uk
Drama		pping@stbedeslytham.lancs.sch.uk
Tech	Computer Science DT Product Design Food tech	ashaw@stbedeslytham.lancs.sch.uk

Revision strategies of the week



Videos on
revision tips for
students

